

# SELF-COLLECTION KIT INSTRUCTIONS

\*Collection should be done Monday-Friday only. Ship within **12-24 hours** of collection. (refer to the shipping instructions)



**1**  
To begin; wash your hands and make sure you are testing in a clean space.



**2**  
Open specimen tube and place cap face up on clean surface.

(Avoid spilling, and touching the inside of the tube or cap to avoid contamination)

**Quick Tip:** If you are testing alone, you may use a short empty cup to rest your open test vial in while you self swab



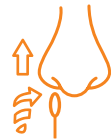
**3**  
Open the swab pack leaving the swab end covered in the packaging until you are ready to swab.  
(Do not touch the swab soft tip)



**4**  
Insert the swab into your nose approximately  $\frac{3}{4}$  inch.  
(You will feel the resistance of your nose narrowing)



**5**  
In a circular motion, swab the inside wall of your first nostril for a minimum of 5 to 10 circles.



**6**  
Repeat the process in the other nostril using the same swab.



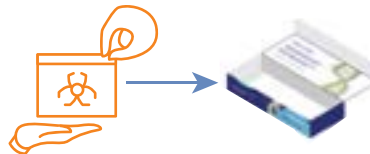
**7**  
Place the swab in the specimen tube and snap off the end of the swab at the break line. Place the cap on the tube, and screw cap tightly.

Name: _____
Dob: _____
Date: _____

**8**  
Ensure that the specimen tube is properly labeled.  
(Last Name, First Name, Date of Birth, Date of Collection)



**9**  
Place the specimen tube containing the swab in the biohazard bag provided and seal the bag.



**10**  
Place the sealed bag into the provided box.



**11**  
Place the box inside the provided UPS Laboratory Pak mailing bag.



\*Ship within 12- 24 hours of collection

**12**  
Ensure **return label** is on the UPS bag and schedule a pick up, drop off at UPS or a UPS drop box.